

Delaware County Contact Tracing Changes

**Please be advised that Delaware County Public Health is migrating away from individual case investigation and contact tracing. Case interviewing and contact tracing uses public health tools known as isolation and quarantine. These tools can be effective at certain times but when levels of community transmission are high, they become less useful.

You may not get a call from a county or state contact tracer. Instead we are asking the public to **FOLLOW THE STEPS BELOW**, depending on your particular circumstance.

QUARANTINE

- You [quarantine](#) and stay away from others when you have been in close contact with someone who has COVID-19. (**exposed person**)

I WAS EXPOSED TO A POSITIVE: WHAT SHOULD I DO?

- **When to Stay Home** - Follow the CDC Quarantine and Isolation Guidance for further information <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>
- NYS Isolation Quarantine Guidance https://coronavirus.health.ny.gov/system/files/documents/2022/01/nys_updated_isolation_quarantine_guidance_01042022.pdf

I NEED PAPERWORK

For people who have been in close contact (exposed) with someone positive for COVID-19

- If needed, download the self [QUARANTINE FORM](#), this may be used as your release or for New York Paid Family Leave COVID-19 claims.

ISOLATION

- You [isolate](#) when you are sick or when you have been infected with the virus, even if you don't have symptoms. (**tested positive**)

I TESTED POSITIVE: WHAT SHOULD I DO?

- **When to Stay Home** - Follow the CDC Quarantine and Isolation Guidance for further information <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>
- Notify your close contacts who may need to [self-quarantine](#) and should be tested

I NEED PAPERWORK

For people are tested positive and/or sick with COVID-19

- If needed, download the self [ISOLATION FORM](#), this may be used as your release or for New York Paid Family Leave COVID-19 claims.